



## WEEKLY NEWSLETTER



## **Events**

In the unfortunate circumstance that a child or adolescent experience a traumatic event, trusted adults and other sources of support are very important in the overall role of support and helping the child or adolescent cope.

Children and Adolescents respond to traumatic events in different ways.

### **Common Reactions to a traumatic event Are:**

- Report having physical problems such as stomachaches or headaches.
- Have nightmares or other sleep problems, including refusing to go to bed.
- Have trouble concentrating.
- Lose interest in activities they normally enjoy.
- Have feelings of guilt for not preventing injuries or deaths.
- Have thoughts of revenge.

(NIH, 2022)

### **What can Adults do to help?**

It is encouraged that parents or those wishing to support a child or adolescent who has experienced a traumatic event seek support and work to cope through their own potential reactions as well. By doing this, parents and others create a calm and safe environment while also reducing causing additional stress to the child or adolescent.

Below is a Do and Don't List of what parents and caregivers can do to support their child or adolescent from the National Institute of Health.

#### **Do:**

- Ensure children and adolescents are safe and that their basic needs are addressed.
- Allow them to be sad or cry.
- Let them talk, write, or draw pictures about the event and their feelings.
- Limit their exposure to repetitive news reports about traumatic events.
- Let them sleep in your room (for a short time) or sleep with a light on if they are having trouble sleeping.
- Try to stick to routines, such as reading bedtime stories, eating dinner together, and playing games.
- Help them feel in control by letting them make some decisions for themselves, such as choosing their meals or picking out their clothes.

- Pay attention to sudden changes in behaviors, speech, language use, or strong emotions.

- Contact a health care provider if new problems develop, particularly if any of the following symptoms occur for more than a few weeks:

- o Having flashbacks (reliving the event)

- o Having a racing heart and sweating

- o Being easily startled

- o Being emotionally numb

- o Being very sad or depressed

**Don't:**

- Expect children and adolescents to be brave or tough.

- Make them discuss the event before they are ready.

- Get angry if they show strong emotions.

- Get upset if they begin bed-wetting, acting out, or thumb-sucking.

- Make promises you can't keep (such as "You will be OK tomorrow" or "You will go home soon.")

(NIH, 2022)

It is expected that there will be symptoms and reactions to witnessing, experiencing, being a direct victim of a traumatic event. Many symptoms and reactions can lessen over time especially with proper support. If symptoms increase or do not improve, seeking additional professional support from a mental health professional is advised.

Works Cited

SERVICES, U.S. DEPARTMENT OF HEALTH AND HUMAN. (n.d.). Helping Children and Adolescents Cope With

Traumatic Events. Retrieved from National Institutes of Mental Health:

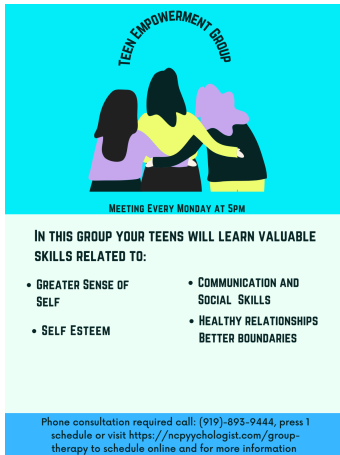
<https://www.nimh.nih.gov/health...>

- Krippa Family Psychological & Wellness Services is excited to announce that we will be holding our Teen Intensive Outpatient Program (IOP) in our latest location in Cary on Fountain Brook Circle A. This unique property allows us to continue to provide excellent care while maintaining appropriate distancing.

## GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group
- Teen Social Club
- Parenting Teens Support Group
- Intensive Outpatient Program (11-18)

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at [info@ncpsychologist.com](mailto:info@ncpsychologist.com). Visit us at [www.ncpsychologist.com](http://www.ncpsychologist.com) and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.



**TEEN EMPOWERMENT GROUP**  
MEETING EVERY MONDAY AT 5PM

**IN THIS GROUP YOUR TEENS WILL LEARN VALUABLE SKILLS RELATED TO:**

- GREATER SENSE OF SELF
- SELF ESTEEM
- COMMUNICATION AND SOCIAL SKILLS
- HEALTHY RELATIONSHIPS & BETTER BOUNDARIES

Phone consultation required call: (919)-893-9444, press 1 schedule or visit <https://ncpsychologist.com/group-therapy> to schedule online and for more information



**Social Skills Group**  
KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES  
HOW TO TALK WITH FRIENDS

**Learn Skills Related To:**


- Talking With Friends
- Understanding Emotions
- Learn How to Interact With Others
- Healthy Relationships & Boundaries
- Making Friends

12 WEEK CLASS  
\$50 PER CLASS  
\$200 DEPOSIT

**Who:**  
Youths Ages 8-12  
**When:**  
Thursdays @ 6:15 pm  
**Where:**  
Cary, NC

For More Information:  
(919) 893-9444

[WWW.NCPsychologist.com](http://WWW.NCPsychologist.com)



KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES  
**TEEN SOCIAL ACTIVITIES CLUB**  
\$20 a meeting  
Stephanie Brekstad, Graduate Intern

Many teens have difficulties interacting in social settings and making friends. Our group helps facilitate this process through bi-weekly social events.

MEETING EVERY OTHER FRIDAY (2-3) TIMES A MONTH  
6-7PM  
547 KEISLER DR. SUITE 202, CARY NC

Contact Stephanie by calling (919) 893-9444 press 3, email [stephanie@ncpsychologist.com](mailto:stephanie@ncpsychologist.com) visit <https://ncpsychologist.com/group-therapy>

Website

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